

Highline health!

FROM HIGHLINE MEDICAL CENTER AND THE OTHER SERVICES OF FRANCISCAN HEALTH SYSTEM

NEW AFTER-HOURS
SERVICE:
WE'RE ALWAYS
ON CALL

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NOW OPEN!
NEW
CLINIC
AT WESTWOOD
VILLAGE

TAKING CARE OF OUR
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WARRIORS

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Franciscan health!

Franciscan is a family of more than 12,000 doctors, nurses and staff who provide exceptional medical care at: Hospitals St. Joseph Medical Center, Tacoma • St. Francis Hospital, Federal Way • St. Clare Hospital, Lakewood • St. Elizabeth Hospital, Enumclaw • St. Anthony Hospital, Gig Harbor • Highline Medical Center, Burien • Harrison Medical Center, Bremerton and Silverdale • Medical Groups Franciscan Medical Group, clinics throughout the Puget Sound • Harrison HealthPartners, serving the West Sound

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For questions or comments, or if you'd like to be removed from the health! mailing list, please contact us at 253-382-3850, www.FHShealth.org or write to Editor, Franciscan Health! Franciscan Health System, Marketing & Communications, PO Box 2197, Tacoma, WA 98401-2197.

Find YOUR NEW health care professional today!



Colin Iosso, MD

Neurology

Franciscan Neurology
Associates at Highline
(206) 835-7440
16233 Sylvester Rd. SW
Suite 260, Burien



Leisa Garrett, PA-C

Neurological Surgery

Franciscan Neurosurgery
Associates - Burien
(206) 838-7065
16259 Sylvester Rd. SW
Suite 502, Burien



Paul Boone, MD

Family Medicine

Franciscan Medical Clinic
- Seahurst
(206) 242-8280
16110 8th Ave SW
Suite A-2, Burien



Amy Baisden,
CNM, ARNP

Certified Nurse Midwife

Franciscan Women's
Health Associates - Burien
(206) 241-0824
16122 8th Ave. SW
Suite E-5, Burien

Check out *health!* online @
www.FHShealth.org



» Sign up for eNews!



Sign up for Franciscan Health eNews and receive a monthly newsletter tailored to

you and your family's health needs. Choose from over 20 topics including weight management, pregnancy, parenting, women's health, men's health, heart health and more. You'll also have access to our eReminder calendar to keep track of recommended preventive health screens and other periodic exams for you and your loved ones. Visit FHShealth.org/enews to sign up!

» Find us on Facebook, Twitter and YouTube!

Get news and information about health events and more at:



www.facebook.com/HighlineMedicalCenter and FranciscanHealth



www.twitter.com/FHShealth



www.youtube.com/HighlineMedical and FranciscanHealth

WE'RE ALWAYS ON CALL

Our new after-hours
service offers patients
the future of
telemedicine now

WHO HASN'T BEEN THERE: You wake up in the middle of the night with a fever and a cough, a stomach virus takes over your household at midnight or a mysterious rash appears on your child's leg right after bath time. Before, your options consisted of taking a trip to the emergency room or an urgent care clinic, or counting the hours until your doctor's office opens. Now you have another choice.

"With Franciscan Medical Clinic after-hours service, care is available to our primary care patients who have medical issues that come up after office hours or when our Prompt Care urgent care clinics are closed, but the problem isn't serious enough to go to the ER," said Maria Flores, MD, a family medicine physician at Franciscan Medical Clinic in South Seattle.

Quality care, quick service

When you call any Franciscan primary care clinic after the clinic has closed, a team of physicians or advanced registered nurse practitioners are ready to

care for you through a "virtual visit." The provider may be able to treat you over the phone. "For example, they can call a prescription into a 24/7 pharmacy and you can get started on the medication right away," Dr. Flores said.

In some instances, you may be able to video chat with the provider so he or she can see and diagnose an issue like a burn or a rash. "This service doesn't replace primary care, but increases your access to it," said Dennis deLeon, MD, vice president of medical affairs and associate CMO. After your virtual appointment,



Maria Flores, MD



Dennis deLeon, MD

the provider will e-mail a visit summary to both you and your primary care provider. "It is truly an extension of your relationship to your Franciscan primary care doctor," Dr. deLeon said.

More money in your pocket

Not only is the service incredibly convenient, it's also affordable. "The cost is significantly less than the typical co-pay of an emergency room or urgent care visit," Dr. deLeon said. Currently, this service is available to those covered by commercial insurance or without coverage for a \$35 flat fee billed directly to the patient.

Now you don't have to wonder if that terrible cough or stomachache can wait until morning — we're there for you whenever you need us — day or night.

To learn more about Franciscan after-hours, ask your physician, a member of our care team or visit FHShealth.org/afterhours.

LEADING-EDGE BREAST CANCER RECONSTRUCTION NOW AVAILABLE

Franciscan Plastic Surgery Associates now provides leading-edge expertise to breast cancer patients considering breast reconstruction after a mastectomy. Michael Cohen, MD, specializes in microsurgical breast reconstruction using free flap and perforator flap techniques. (These flaps include the DIEP, or deep inferior epigastric perforator flap, as well as SGAP, ALT, TUG, and free TRAM flaps.) This state-of-the-art method of reconstructive surgery is a preferred option for women who have had radiation therapy to the chest wall to treat their breast cancer, as well as for women who prefer to have their breast reconstruction done using their own tissues rather than implants.

For leading-edge treatment options and compassionate care, call Franciscan Plastic Surgery Associates at (253) 759-4522.



FRANCISCAN MEDICAL CLINIC AT WESTWOOD VILLAGE NOW OPEN!



From coughs, colds and broken bones to annual check-ups and school physicals, you'll find care for the whole family at Franciscan Medical Clinic — Westwood located at 2511 SW Trenton Street in West Seattle. Our doctors, Lisa Britton, MD, Monina Daguio, MD, and Lam Ngo, MD, know the importance of taking time to understand your health needs. They focus on prevention, information and building trusting relationships and solid foundations to keep your family healthy and active.

Call (206) 763-5057 and schedule an appointment today!



Commission on Cancer®

2013 OUTSTANDING ACHIEVEMENT AWARD

HIGHLINE CANCER CENTER RECEIVES OUTSTANDING ACHIEVEMENT AWARD

Highline Cancer Center's commitment to excellence in providing quality care to patients has been nationally recognized for the second consecutive term. The American College of Surgeons Commission on Cancer (CoC) awarded Highline Cancer Center with the Outstanding Achievement Award for meeting seven strict standards. "We are honored to be one of only two hospitals in Washington to receive this recognition," said Jacqui Sinatra, director of Highline Cancer Center. "As a CoC accredited program, Highline has demonstrated its dedication to the best treatment and support for our cancer patients."

To connect with the Highline Cancer Center, call (206) 439-5577.

MIKE CAREY, RN, HONORED WITH HOME CARE ASSOCIATION OF WA NURSE OF THE YEAR AWARD



Highline Medical Center home health nurse, Mike Carey, RN, has been honored with the Patty Mulhern Nurse of the Year Award by the Home Care Association of Washington (HCAW). "Mike is the quintessential home health and hospice nurse," said Kim Redifer, clinical manager for Highline Home Health. "He is highly respected by his peers and recognized by patients and families for the compassionate care he provides." Mike was presented with his award at the HCAW annual conference in Seattle.



RENOVATIONS UNDERWAY AT FRANCISCAN MEDICAL CLINIC ON VASHON ISLAND

A new digital X-ray and a new specimen drawing station are just a few of the recent enhancements you'll see at Franciscan Medical Clinic on Vashon Island. "It's important we continue to invest in the health of our community," said Rita Cannell, clinic manager. "These improvements add to a higher level of service and convenience we provide to our patients." The clinic will also be getting new paint, carpet and upgraded electrical to accommodate the new X-ray system. As a part of our commitment to pair exceptional health care with the best patient experience possible, approximately \$350,000 has been spent on enhancements at Franciscan Medical Clinic on Vashon Island since the beginning of the year.

**Schedule an appointment
today! Call (206) 463-3671.**



TAKING CARE OF OUR WEEKEND WARRIORS

Living in pain? Our Orthopedic and Sports Medicine team can help.

FROM THE PEOPLE TO THE FOOD TO THE LANDSCAPES, living in the Pacific Northwest is truly unique. And having the chance to enjoy the great outdoors 365 days a year is one of the biggest advantages to calling this place home. Whether you're a runner, biker, skier, sailor or hiker, there are countless opportunities to maintain a healthy, active lifestyle.

But what happens when aches, pains and injuries keep you from doing the activities you love? That's when it's time to seek out expert orthopedic advice.

Burien resident Rebecca McInteer, 57, did just that. Although she's an avid biker, hiker, swimmer and skier, her injury occurred at home on a Saturday. "I was rushing to get my hat from a room and head outside when my socks slipped against the wood floor and I fell to the ground," said McInteer. Her husband drove her to the Emergency Department at Highline Medical Center where an X-ray revealed she fractured her hip.

Offering orthopedic options

The next day McInteer met with William Clark, MD, an orthopedic surgeon with Southwest Seattle Orthopaedics & Sports Medicine. "We provide a full spectrum of care from the shoulders, to the elbows, to the fingertips, to the hips, and down to the knees and toes," said Dr. Clark.

When surgery is necessary, Dr. Clark strives to use minimally invasive techniques when possible, including arthroscopy. This involves making smaller incisions and using specialized instruments instead of making larger, open incisions. "My goal is to get things taken care of in a safe and efficient manner so patients can continue with post-op physical therapy, when needed, and get up and moving as soon as they can," said Dr. Clark.

Getting back to what matters most

That Sunday, in surgery at Highline Medical Center, Dr. Clark realigned McInteer's hip and placed three screws across the fracture to hold it in place. McInteer stayed in the hospital for about three days before returning home.

"I have to extend full kudos to Highline and the care they delivered," said McInteer. "I joke that I'm turning into the bionic woman due to different injuries and surgeries I've had over the years. As a result, I've spent periods of time in different hospitals, and the staff and care at Highline are among the very best."

McInteer also appreciated that Dr. Clark, an active person himself, understood how important it was for her to get back on her feet as quickly and as safely as possible. After her surgery, McInteer completed physical therapy and had several follow-up appointments with

Dr. Clark to ensure she was healing properly and that she had good blood supply to her hip. "He has the personal experience and insight to say, in terms I could fully understand, what my physical limits would be after surgery and what needed to happen before I could be my active self again," she said.

Now, six months after her injury, McInteer is working toward regaining her active lifestyle. Though she had to sit out on her favorite winter activities of cross-country skiing and snowshoeing this past winter, she regularly walks over an hour every day pain-free. "I'm looking forward to getting back into full-active status," she said. "Or as I call it, active happiness."



William Clark, MD

"I've spent periods of time in different hospitals, and the staff and care at Highline are among the very best."

— Rebecca McInteer, who had hip surgery
by Dr. Clark with Southwest Seattle
Orthopaedics & Sports Medicine.

Don't let pain keep you from the life you love! Visit HighlineMedicalCenter.org/joint-replacement.

BETTER HEALTH CARE IS

New electronic health record
ends duplication and offers
you easy access



Let's get started! To log in to MyChart for the first time, you need a temporary password, which you can request when you visit your Franciscan primary care clinic in July.

JUST A **CLICK AWAY**

IN JULY 2014, HIGHLINE MEDICAL CENTER and surrounding Franciscan primary and specialty care clinics will begin rolling out our new electronic health record system (EHR). A special feature called MyChart gives you secure 24/7 online access to your medical charts, including summaries of your office visits. It also offers you secure messaging to send questions to your doctors and the ability to view upcoming appointments, pay bills and more.

How electronic medical records help you

For decades, medical records consisted of reams of paper organized in shelf after shelf of file folders. You could easily have dozens of files across several facilities, from clinics to hospitals, and much of the information in them might not be shared.



Dennis deLeon, MD

With an EHR, you have a single medical record. All your Franciscan doctors and nurses view and update it, so your entire team has a complete, accurate picture of your care. "With an electronic health record, when you see a specialist, like a cardiologist, your primary care doctor can access the specialist's notes about your visit. After you have a lab test or X-ray, your doctor can pull up the results. If you need to go to the emergency department, the staff there can quickly find out what conditions you have and what medications you take," said Dennis deLeon, MD, vice president of medical affairs and associate chief medical officer.

MyChart puts you in charge

MyChart is your tool to access your electronic health record 24/7 and reach out to your



Franciscan health care team when and where it's convenient for you — using your computer, tablet or smartphone. With MyChart, you can:

- View your medical chart, including summaries of your medical visits.
- Review your current medications.
- Securely send medical questions to your primary care provider.
- Request prescription refills from your primary care provider.
- View normal test results. (Your provider will call about abnormal results.)
- Check scheduled appointments and pay bills.
- Request appointments.

MyChart also helps you keep track of your entire family's health records, appointments and more.

If your children are under the age of 18, you can add their account to yours for easy management. Adults who care for their aging parents can also access their parents' record with their permission.





YOUR BABY'S HEALTHY JOURNEY STARTS HERE

Highline offers the best care
to support families through
pregnancy and delivery

FROM THE MOMENT YOU RECEIVE A POSITIVE PREGNANCY TEST, it's an exciting time in your life. Whether this is your first child or your fourth, each pregnancy is unique. At Highline Medical Center, we tailor your prenatal, labor and delivery experience to meet your needs, providing expert care and education along the way.

"Every woman's preferences are a little bit different," said Meghan McSorley, MD, MPH, PhD, an obstetrician and gynecologist at Franciscan Women's Health Associates at Highline. "We've tried to create an environment where patients feel comfortable, have choices and are supported in whatever direction they want to take."

Those choices for labor and delivery are as varied as the community we serve. For instance, you can discuss with your provider the possibility of using these different techniques:

- Fully assisted birth including an epidural
- Natural birth with the assistance of a doula or midwife
- Hydrotherapy — in which you labor in a warm tub of water or Jacuzzi
- C-section, if needed
- Vaginal birth after C-section (VBAC)

We also offer advanced maternal fetal medicine and monitoring for moms with higher risk pregnancies such as multiples or gestational diabetes.



Planning a healthy pregnancy

"At the Family Childbirth Center at Highline, all of our obstetricians are university-trained physicians with the same level of expertise you'd find in any major city hospital, but close to home," Dr. McSorley said. "The care is here for you when you need it without battling traffic, long lines or frustrating parking."

Throughout your pregnancy, there are many educational opportunities you can take advantage of. We offer a wide array of family education classes. Our childbirth preparation classes cover topics such as labor coping techniques, phases and stages of labor, medication options, newborn care and more. Additional courses focus on the needs of teen mothers, offer infant CPR and provide household safety tips. You can even take a course online. Other family education classes include:

- Breastfeeding preparation
- Newborn preparation and care
- Conscious Fathering

Making a safe and sound delivery

Women who deliver their babies at Highline experience welcoming, family-focused care at our Family Childbirth Center.

"It has a really homey feel," Dr.



Meghan
McSorley, MD

McSorley said. "Women labor in the same room they stay in after birth, so there's not a lot of moving around. Each room is stocked with all the equipment we need during delivery, including a baby warmer, and they're stored behind cabinets so the room feels more like a hotel than a hospital."

With an operating room located on the same floor, it's a quick and seamless transition should you need a scheduled or emergency C-section. After delivery, babies "room in" with you in order to provide plenty of time for breastfeeding and bonding.

Come home to Highline

Highline is home to a special care nursery that's equipped to treat babies born at 34 weeks and older.

"With advanced maternal-fetal screening techniques, if we identify a baby who will require a higher level of care soon after birth, we plan to have the mom deliver at St. Joseph Medical Center in Tacoma so the baby can receive those services right away," Dr. McSorley added.

When it comes to choosing where to deliver your bundle of joy, you have options. We're here to help make your journey toward parenthood a happy, healthy and fulfilling experience for you and your growing family.

Looking for a midwife?

Amy Balsden, CNM, ARNP, recently joined Franciscan Women's Health Associates on the Highline Medical Center campus and is currently accepting new patients. Amy takes a holistic approach to women's health and birth. As a certified nurse-midwife, Amy guides each woman through a safe and satisfying pregnancy and birth, with an emphasis on creating a personalized birth experience. As an advanced registered nurse practitioner, Amy works in partnership with each woman as she cares for their unique needs. To schedule an appointment, call (206) 242-9000.

Planning a pregnancy? Visit FHShealth.org/baby for more information.

ACT FAST

Seek help immediately if you, or someone you are with, experience any of these stroke symptoms:



FACE
Facial droop



ARMS
Arm weakness



SPEECH
Slurred speech



TIME
Call 9-1-1 NOW

CLIP AND SAVE



Michael Schlitt, MD



Marty Courret, ARNP



Highline Medical Center is a Primary Stroke Center as designated by The Joint Commission.

Women: Spot the signs of **STROKE**

We excel with fast treatment times for stroke

STROKE IS A LEADING CAUSE OF DEATH AND DISABILITY IN THE UNITED STATES. But did you know stroke risk for women differs from men?

"Women are at a slightly increased risk," said Marty Courret, ARNP, Franciscan Medical Clinic in West Seattle. "They are also at increased risk for clotting disorders if they are on hormone replacement or take birth control."

Risks common to both men and women include age, family history of cardiovascular disease, high blood pressure, diabetes, obesity and smoking. But you can lower your risk.

A good start is eating a diet high in fruits and vegetables and low in animal fats, Courret said. "Activity helps too. Garden. Walk. Ride your bike to work. It all helps keep your blood vessels healthy."

Highline Medical Center is a Primary Stroke Center as designated by The Joint Commission.

Neurosurgeon Michael Schlitt, MD, medical director of Highline Medical Center's stroke program, explained there are two types of stroke: one where your brain doesn't get enough blood, such as from a blood clot, and one where a blood vessel bursts, causing a brain hemorrhage. We are skilled at treating both.

Franciscan Health System has been recognized for beating the door-to-tissue plasminogen activator (t-PA) national recommendation for patients who qualify for the clot-busting

drug by nine minutes on average. It also offers the latest interventional and surgical procedures. "In fact, Highline was one of the first places in the nation to use t-PA directly in the brain for certain types of stroke," said Dr. Schlitt.

Spot stroke F.A.S.T.

Because stroke generally becomes worse over time, it's important to identify symptoms quickly. The acronym F.A.S.T. can help. F.A.S.T. stands for:

- F** **Face Drooping:** Does one side of the face droop, or is it numb? Ask the person to smile. Is their smile uneven?
- A** **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- S** **Speech Difficulty:** Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like, "The sky is blue." Is the sentence repeated correctly?
- T** **Time to call 9-1-1:** If someone shows any stroke symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately.

Talk with your doctor

Discuss your stroke risk with your doctor. He or she will decide whether to treat your risk factors with low-dose aspirin or other medication.

Seeking more information about stroke? To learn more and to view our video, visit FHShealth.org/strokecare.

Today. Tomorrow. Forever.

Creating a legacy at the Highline Medical Center Foundation



Normandy Park residents Brooks and Heather Powell know the importance of keeping our community's hospital strong.

BROOKS POWELL, CO-OWNER OF POWELL CUSTOM HOMES AND RENOVATIONS, can't remember a time when Highline Medical Center wasn't a part of his life. His grandparents have lived in Normandy Park since the 50s and when his grandmother needed medical care, Highline was the place they turned to. Today, he and his wife Heather live nearby and have been involved with the Highline Medical Center Foundation since the early 90s.

With our recent Legacy Luncheon, Brooks and Heather graciously agreed to share with us why they are involved and contribute to the Foundation.

"We feel the mission of the Foundation is critical to the success of the medical center overall," said Brooks and Heather. "There are so many people who are grateful to Highline-Medical Center for saving their lives and helping their family members. The Foundation provides a vehicle for those folks to give back."

The Foundation has a variety of ways in which those interested in giving back can participate, from annual gifts to attending events to bequests and estate plans. For some,

the idea of estate planning can often be overwhelming, but it's by far one of the easier ways to support the Foundation and have a long term impact on the work that's done at Highline. "Leaving a legacy gift was an easy decision for us," said Brooks and Heather. "Giving as part of our estate is very simple. The hardest part is remembering to call up the attorney and have him modify our will!"

When asked about their view on philanthropy, Brooks and Heather responded, "We never thought about philanthropy until we had kids and we had to think about how we wanted them to think about it. We want our kids to be conscious of how they give back and to start earlier than we did. So, we have tried to be pretty vocal with them about giving and how we make our decisions."

The Foundation is grateful to supporters like Brooks and Heather. They said it best: "having a strong hospital in our area is critical. We have seen how devastating it was to West Seattle to lose their hospital back in the 1980s, and we don't want that to happen in Burien. Hospitals do more than provide great care. They provide great jobs, support schools and build community."

YOUR GIFT MAKES A DIFFERENCE!

If you are interested in learning more about how you can leave a legacy at Highline Medical Center, or want to hear about future Foundation initiatives and events, please call our office at (206) 901-8500.

For Your health!

EVENTS



Masters of Health Golf Classic

Come celebrate the 31st anniversary of our Annual Golf Classic. Hit the links in support of Highline Medical Center Foundation. Win a hole in one, compete for a variety of prizes and enjoy a wonderful lunch and dinner!

- Early Bird Single Golfer: \$225 (if registered by June 18)
- Single Golfer: \$280 (after June 18)
- Foursome: \$1,120
- Birdie Special: \$1,250
- Eagle Sponsor: \$1,750
- Corporate Foursome: \$2,000
- Ace Sponsor: \$3,000
- Banquet Dinner Only: \$55
- » *Thurs., July 24; NEWCASTLE, The Golf Club at Newcastle, 15500 Six Penny Ln*



To Your Health! Gala & Auction

Our 18th Annual Gala and Auction will feature live music, a superb meal and exciting live and silent auction. Trips, wine, unique experiences and much more await you at this fun and elegant evening. Hear inspiring stories of how Highline Medical Center has impacted the lives of many.

- » *Sat., Nov. 1; SEATTLE, SeaTac Hilton, 17620 International Blvd*

If you would like more information on any of these events, please visit www.supporthighline.org or contact Julie Colgan at (206) 901-8508 or jcolgan@highlinemedical.org.

CANCER CARE CLASSES AND SUPPORT GROUPS

Look Good... Feel Better

Interactive class for women experiencing the effects of cancer treatment. Gain inspiration and support. Tips for wearing make-up, wigs and scarves are demonstrated. Co-sponsored by the American Cancer Society. FREE! Call 1-800-ACS-2345 to register.

- » *First Monday of every other month; 1-3 p.m.; BURIEN, Highline Cancer Center, 16233 Sylvester Rd SW.*

Yoga For Survivors

This gentle yoga course can help you reduce stress and increase physical strength, stamina and flexibility. Participants move according to their own pace. Call (206) 439-5577 for information or to register. Cost: \$8 per class.

- » *Tuesdays; 2:30-4 p.m.; BURIEN, Highline Cancer Center Meditation Room*

Understanding Lymphedema

Join us for this informative presentation on how and why lymphedema develops, early signs and symptoms and treatment options. For information or to register, call (206) 431-5248. FREE!

- » *Offered quarterly; 3-5 p.m.; BURIEN, Highline Cancer Center*

CHILDBIRTH CLASSES

Family Childbirth Center Tours

Highline Family Childbirth Center offers free tours and several educational opportunities. Call 1-888-825-3227 or go online for information at FHShealth.org/familyeducation.

Lactation Support

Inpatient consultations are available at Highline Medical Center on Mondays and Wednesdays. To make an appointment, call (253) 382-8580.

See something you like?

Mark your calendar!

Highline Medical Center offers these upcoming events and resources to help promote healing of mind, body and spirit.

Living with Cancer Support Group

Provides cancer survivors, family and/or caregivers information and support through diagnosis, treatment, recovery and the challenges of the first year of living and surviving cancer after completion of treatment. Caregivers are welcome to attend. Call (206) 439-5577 for information. FREE!

- » *Second and fourth Mondays; 2-3:30 p.m.; BURIEN, Highline Cancer Center Meditation Room*

Prostate Cancer Support Group

Education, information, sharing and support for men with prostate cancer and their partners. Call (206) 439-5577 for information. FREE!

- » *Second Wednesday of the month; 7-8:30 p.m.; BURIEN, Highline Cancer Center*

Laryngectomy Support Group

A support group lead by laryngectomy survivors. The group is open to survivors, spouses and/or caregivers. It provides information and support on treatment, recovery and the challenges of living with a laryngectomy. Call (206) 439-5577 for information.

- » *First Tuesday of the month; 11 a.m. to 1 p.m.; BURIEN, Highline Cancer Center Meditation Room*

Breastfeeding classes are also available. Cost: \$50/ couple. Register by calling 1-888-825-3227. 50% off for those who have ProviderOne insurance and who have attended or are registered to attend a childbirth preparedness class.

Car Seat Installation Inspection Station

A certified car seat technician will check for appropriate seat, recalls and proper installation.

- » *Offered the third Friday of each month; 11 a.m.-12:30 p.m.; BURIEN, Highline Medical Center, Cedar Garage, 16251 Sylvester SW*

HEALTH & WELLNESS

Heart to Heart: Expert Advice on Cardiovascular Health

Concerned about heart health for you or a loved one? Come listen to an expert cardiologist, Dr. Joel Tañedo, from Franciscan Heart & Vascular Associates at Highline, speak on heart issues. Join us for a free health talk to learn about signs, symptoms and non-invasive screenings to help manage and reduce your risk for heart disease. Register online at FHShealth.org/heart or call 1-888-825-3227.

» Thurs., June 19; 6-7:30 p.m.; **BURIEN**

Highline Medical Center, Somers Auditorium,
16251 Sylvester SW

Healthy Spine Exercise Class

This eight session class is suitable for people with intermittent and mild-to-moderate back and/or neck pain, or people who want to achieve better posture to prevent spinal dysfunction and pain. Cost: \$50. Call (206) 824-3668 to register.

» Mondays & Thursdays, 6:30 p.m.; **DES MOINES**

Highline Therapy Services, Midway Clinic,
22659 Pacific Hwy S, Suite 201

AARP Drivers Safety Program

This two-part driver-retraining program helps older citizens improve their driving skills. Cost: \$15 members, \$20 non-members.

» Sept. 20 and 27. Call (206) 431-5233 to register.

Team Survivor Northwest — Active Women Healthy Women

FREE exercise class for women cancer patients and survivors. Becoming or staying active can help you in cancer recovery and beyond. Our goal is to bring you programs that can get you started and keep you active! We offer ongoing classes led by certified instructors who can help design an exercise routine that will work for your current state of fitness and health. Classes are appropriate for all fitness levels. Come to one of our classes to meet the instructors, observe, participate or gather information.

» Thursdays, 3-4 p.m.; **BURIEN**; Highline Cancer
Center Meditation Room

**Most programs and classes are free,
but many require registration. For more
information, call the number listed.**

DIABETES EDUCATION AND SUPPORT

For information or to register for any of the diabetes education classes, please call (206) 431-5370.

Gestational Diabetes Class

Monitoring and meal planning for women who are pregnant and have gestational diabetes.

Cost: \$260. Registration is required.

» Thursdays, 1-3 p.m.; **BURIEN**; Highline
Medical Center

Diabetes Self-Management Training

This 5-session series provides people with diabetes practical information about living with diabetes. Cost: \$650. Medicare and Medicaid will pay for patients referred by physicians. Many private insurance companies will give partial or full coverage with a physician's referral. Registration is required.

» Tuesdays and Wednesdays, **BURIEN**;
Highline Medical Center

Diabetes Skills Lab

This two-hour class is for those newly diagnosed with diabetes who need to learn blood glucose monitoring and basic meal planning. Cost: \$130. Registration is required.

» Thursdays, times vary, **BURIEN**, Highline
Medical Center

Diabetes Support Group

» First Monday of the month; 7-8:30 p.m.;
BURIEN, Highline Medical Center, Somers
Auditorium, 16251 Sylvester Rd, SW

OTHER SUPPORT GROUPS

Grief Support

A walk-in support group for those who have experienced the loss of a loved one through death. Call (206) 431-5373 ext. 5400 for information.

» First and third Wednesday of each month
from 2-3:30 p.m. in the Highline Cancer Center
Meditation Room.

C.O.P.D.

For patients with Chronic Obstructive Pulmonary Disease and their families. Call (206) 431-5303 to register.

» Classes are held the first Monday of each
month from 3-4 p.m.



ADDICTION RECOVERY SUPPORT GROUPS

For more information about our addiction recovery support groups, go to HighlineMedicalCenter.org or call (206) 248-4787.

Magic Works Alumni

Group for graduates of Highline Addiction Recovery Center or anyone desiring clean and sober support.

» Wednesdays from 6-7:30 p.m.

Narcotics Anonymous

» Thursdays at 7:30 p.m. and Sundays at 7 p.m.

Recovering Nurses

State-approved for the nurse-monitoring program.

» Mondays from 4:30-6:30 p.m.

Alcoholics Anonymous

» Mondays at 7:30 p.m., Tuesdays at 7:30 p.m.,
Wednesdays at 8 p.m., Fridays at 7 p.m.
(AA Big Book Study), Saturdays at 7:30 p.m.
and Sundays at 9 a.m.

DUI Victims Panel

People whose lives have been altered by an intoxicated driver tell their stories.

» Second Tuesday of every month from 7-9 p.m.

Family Support Group

A weekly educational support group available to friends and families of chemically dependent persons.

» Wednesdays from 6-7:30 p.m.

Franciscan | HIGHLINE MEDICAL CENTER

Part of Franciscan Health System

FRANCISCAN HEALTH SYSTEM
1717 South J Street
Tacoma, WA 98405

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In April, Highline Medical Center celebrated the one year anniversary of its affiliation with Franciscan Health System. The mission and values of both organizations, as well as the commitment to high quality health care, make this partnership a great fit for the people and communities we serve.

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For more information, visit FranciscanDoctors.org.

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Franciscan is a family of more than 12,000 doctors, nurses and staff who provide exceptional medical care at: *Hospitals* St. Joseph Medical Center, Tacoma • St. Francis Hospital, Federal Way • St. Clare Hospital, Lakewood • St. Elizabeth Hospital, Enumclaw • St. Anthony Hospital, Gig Harbor • *Highline Medical Center*, Burien • *Harrison Medical Center*, Bremerton and Silverdale • *Medical Groups* Franciscan Medical Group, clinics throughout the Puget Sound • *Harrison HealthPartners*, serving the West Sound

Franciscan Health System

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